



## JOIN US FOR A BIKE RIDE!

### WHO:

MPS STUDENTS, STAFF, FAMILIES, AND COMMUNITY - ALL ARE INVITED

### WHAT:

A FIVE MILE GROUP BIKE RIDE CELEBRATING BIKE TO SCHOOL DAY & MPS WELLNESS WEEK

### WHEN:

WEDNESDAY, MAY 4 at 3:00 PM

### WHERE:

MPS CULINARY AND WELLNESS SERVICES, 812 PLYMOUTH AVENUE NORTH

Together we will bike a lovely five-mile loop along the Mississippi, across the Stone Arch Bridge and through Boom Island Park. The ride will end around 4:30 PM back at the MPS Culinary Center where we will celebrate with a meal for the kids from the Street Eats Food Truck and a Harvest of the Month salad for all to try.

#### **Know before you roll:**

Wear a helmet, pump your tires and check your brakes, and know basic bike safety principles such as be predictable, be aware, and follow the law. All participants will sign a waiver. Students must be accompanied by a parent/guardian or by staff who has signed permission slips for the group.



More information: [https://cws.mpls.k12.mn.us/let\\_s\\_roll\\_mps](https://cws.mpls.k12.mn.us/let_s_roll_mps)

To volunteer: <https://docs.google.com/forms/d/e/1FAIpQLSfTdSGzBbpsoD1gVgrbOXKMx->